Using a Wok

Basic styles of Chinese cooking

By SHIRLEY WALTON
Extension Agent

Stir-frying, one of the basic styles of Chinese cooking, has many virtues which are particularly relevant to today's cooking needs. The preparation of the food is done ahead and the actual cooking time is extremely short. The speed and efficiency is a result of the shape of the Wok – curved sides with small flat area in the bottom. This design makes it possible to rapidly cook one ingredient in the bottom while another, already cooked, is pushed up along the sides to keep warm.

Foods cooked by the stir-fry method have a delightful blend of crisp, yet tender textures with an intermingling of bland and spicy flavors. The following tips will be helpful in learning the technique of stir-frying.

All foods must be prepared before cooking process begins.

Foods should be cut into small, uniform pieces. The small pieces of food have large areas of exposed cut surfaces, thus they readily absorb and blend the flavors of the other ingredients and seasonings.

Peanut oil is recommended for use in Chinese cooking because it can reach the very high temperatures required without smoking.

High heat is used for most stir-fry dishes. The fire ring holds the Wok slightly above the electric unit and gas burner. (Grate on gas range should be removed). For high heat on the gas range, have the flame touching the flat bottom area, but not licking up around the curved sides.

Soil is added to the preheated Wok by pouring it around the sides in a circular motion. This coats the sides in preparation for stir frying.

Add ingredients in sequence--ones taking longest time to cook added first.

Add cornstarch mixture or sauce to well in center of Wok, then stir in rest of ingredients as sauce thickens.

Color change in foods when finished stir-frying.

Pork and chicken will whiten.

Beef will darken.

Vegetables will become brighter and translucent.

Place meats in freezer one hour to firm--makes slicing easier.

A large spoon and turning spatula make ideal utensils to use for stir-frying.

Most Chinese dishes are served with rice--steamed or fried.

The cooking times in the following directions are designed as a guide in preparing the dishes. Quality of the meat, freshness and ripeness of vegetables, and starting temperatures of the foods could cause the time to vary. The food should be tender or crisp when finished.

If you have a homemaking problem or question, you may call 352-8244 or write P. O. Box 488, Appomattox, Va. 24522.

Homemakers, have a good week!

RECIPE OF THE WEEK

Sweet And Sour Pork

1 Lb. trimmed pork tenderloin
2/3 cup dark corn syrup
1/2 cup white vinegar
3 tablespoons sugar
2 tablespoons cornstarch
1/4 cup sherry
1/4 cup water
2 tablespoons soy sauce
1/4 cup peanut oil
1 cup thin onion wedges
1/2 cup thin green pepper strips
8 maraschino cherries, cut in half (optional)

1. Place pork tenderloin in freezer for 1 hour (makes slicing easier); cut meat into thin crosswise strips about 3 inches long.
2. Combine corn syrup, vinegar, sugar, cornstarch, sherry, water, soy sauce; blend thoroughly; set aside.
3. Preheat Wok over high heat about 2 minutes.
4. Add oil, pouring it around sides of Wok; heat about 2 minutes.
5. Add pork strips, one third at a time; stir fry 1 minute after each addition; then push up sides; stir fry all meat together an additional 5 minutes; push up sides.
6. Add onions, green pepper, cherries, stir fry about 2 minutes; push up sides.
7. Add sauce to center of Wok; bring to boil; boil 1-2 minutes or until thickened; stir rest of ingredients with sauce.
8. Four servings.

Good news for homemakers

RALPH AND ANN REYNOLDS purchased RCC Mr. Expectation, a bull weighing 1175 pounds at a sale in Greensburg, Pa. on May 17.

Big bull bought

At the 10th Anniversary Sale of Royal Charolais Co. of Greensburg, Pa. held on May 17th., Ralph and Ann Reynolds of Appomattox County purchased RCC Mr. Expectation 2899; a double polled son of "Expectation", yearling weight is 1175 with a gain per day of 2.97 pounds.

The Reynolds were accompanied to Pa. by Doris, Hugh, and Donna Rae Mitchell.

Got a news story?

Call the Times-Virginian
352-8215

APPOMATTOX OFFICE SUPPLY
507 Court St. (lower level of Times-Virginian)
NEW SHIPMENT OF OFFICE FURNITURE
Desk • Secretarial Posture Chairs • Two and Four Drawer File Cabinets • Open Bookcases • Typewriter Stands
20% OFF LIST PRICE
Telephone - 352-7684

Report crop acreages, ASCS says

By TOM CONRAD

REPORT CROP ACREAGES - ASCS SAYS - This year by filing a timely and accurate acreage report, farmers are eligible for deficiency payments, disaster payments and commodity loans.

To date 185 farms have reported their small grains (wheat, barley, oats, rye) acreage. The deadline for making this report is June 1, and all farmers who have not made this report yet are urged to do so as soon as possible.

ASCS TODAY
By Tom Conrad

Farmers that are planting corn, grain sorghum and soybeans have until June 30 to report. If you have completed planting, you should report just as soon as possible. In any event you need to report all crop acreages to be eligible for any benefits.

In prior years you were required to stay within your normal crop acreage (NCA). This year, you do not have to stay within your NCA or even have an NCA to be eligible. However, staying within the NCA makes you eligible for a higher target level than those who exceed the NCA. The high target level is as follows: wheat $3.63; corn $2.35; grain sorghum $2.50; barley $2.55. The low target level is as follows: wheat $3.08; corn $2.05; grain sorghum $2.45; barley $2.29.

Although soybeans, rye, and oats are not eligible for target price benefits (deficiency and disaster) they are eligible for commodity loans.

It makes sense to report, because you are in essence signing for free insurance, and that's about the only thing thats free today.

ANNUAL MEETING SET BY FLUE CO-OP - Billy W. Hill, President of Flue-Cured Tobacco Cooperative Stabilization Corporation, and Fred G. Bond, the CO-OP's General Manager, have announced that the 34th Annual Membership Meeting of the CO-OP will be held May 30, 1980, at the Kerr Scott Pavilion, located at the N. C. State Fairgrounds, Raleigh, N.C., beginning at 10:00 a.m. and adjourning around 12:00 noon. A complimentary barbecue lunch will be served to all in attendance.

This year's featured speaker, according to Hill, will be the President of the American Farm Bureau Federation, Robert B. Delano.

Delano, from Warsaw, Va., was elected President of the American Farm Bureau Federation at the organization's Annual Convention in Phoenix, Ariz., in January 1980. Delano, who had been AFBF Vice President for the past four years, succeeded Allan Grant of Visalia, Calif., who retired.

A native of Virginia, Delano had been President of the Virginia Farm Bureau Federation since 1962, and a member of the AFBF Board of Directors since 1975. He is also President of Southern Farm Bureau Life Insurance Company, a post he has held since 1975.

Delano is a graduate of Virginia Polytechnic Institute and State University, with a degree in Animal Husbandry. He is a veteran of World War II and is active in numerous civic and community affairs.

Governor of North Carolina, the Honorable James B. Hunt, will give the address of welcome to the group from the five-state flue-cured producing area. Also on the program will be the Annual Report of the President, as well as the Operational Report by General Manager Fred G. Bond.

INTEREST RATES SET FOR 1980 CROP AND STORAGE LOANS - The interest rate on all new 1980 crop loans will be 13 percent.

This rate will also apply to any new 1979-crop loans and new farm storage facility loans requested on or after April 16.

Appomattox County farmers who already have crop or facility loans will not be affected by the new interest rate.

The interest rate for loans requested on or before April 15 is 9 percent for 1979 commodity loans, and 10.5 percent for storage facility loans.

The new rates are based on the cost of borrowing money from the U.S. Treasury. Continuing interest rates at the earlier level would result in losses to the Commodity Credit Corporation.

As of today, the county ASCS office has disbursed $12,920.94 in 1979 commodity loans and $12,851.69 in 1980 farm storage facility loans.

4-H club news

Mrs. Alvis' 4-H Club met on May 13, at 11:00 a.m.

The vice president, Tracy Perkins called the meeting to order.

Karen Gilliam led us in the American flag pledge and Anne Wingfield led us in the 4-H Pledge. Then the recreation leaders led us in songs and games.

Mr. Sweet passed out worksheets about the 4-H Dog Show after which he presented a program on the Dog Show.

The meeting was then adjourned.

40 different kinds
of business insurance.
All in one neat package.

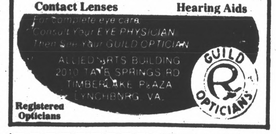
Nationwide's new Business Owners Package Policy offers all the usual kinds of protection. And many others, like inflation protection. Over 40 kinds of coverage in one package handled by one agent and one company with local claims service. Call a Nationwide agent today.

KENNETH E. FRANKLIN
COURT STREET
APPOMATTOX, VA.
PHONE 983-2702 or 352-4868

NATIONWIDE INSURANCE
Nationwide is on your side

Nationwide Mutual Insurance Company
Nationwide Mutual Fire Insurance Company
Home Office: Columbus, Ohio

For Quality and Service
A.G. Jefferson
Contact Lenses — Hearing Aids



Registered Opticians

PUBLIC NOTICE

PROPOSED HIGHWAY PROJECT
ROUTE 460 (APPOMATTOX BY-PASS)
APPOMATTOX COUNTY

All interested persons are advised that the approval of the major design features for the Appomattox By-Pass (Route 460), Project 7460-006-101, C-301, P-401, from 0.83 mile west of the West Corporate Limits of Appomattox to 0.90 mile east of the East Corporate Limits of Appomattox, in Appomattox County, is now final with the Federal Highway Administration's concurrence in the final environmental declaration prepared for this project.

Maps, drawings, an environmental declaration and other information are available in the Department's District Office at Lynchburg and in its Residency Office at Appomattox, for viewing by interested persons.

State Highway and Transportation Commissioner of Virginia

SALE!
10% OFF ALL
STARK BROS. FRUIT TREES
Hanging Baskets, Potted Geraniums, Begonias, Fuchsia, Impatients, Bedding Plants, Hybrid Tomatoes, Broccoli, Brussel Sprouts, Cauliflower, Cucumbers, Eggplant, Squash, Peppers, Cantaloupe, Watermelons.
• Rose Bushes • Pink Dogwood
• Cement Pots • Bird Baths
• SHRUBS •
—Azaleas $1.75 each—
PHONE: 248-6244
BALDWIN'S NURSERY & GREENHOUSE
ST. ROAD 601 - PAMPLIN, VA.

TRADE-UP!
DOWN-TO-EARTH PRICES ON GOOD USED TRUCKS

1979 Chevrolet
Scottsdale Fleetside Pickup - Silver/Red - Red Vinyl Seat - Air Conditioned - 350 V-8 - Automatic - Power Steering - Step Bumper - Rally Wheels.

1979 Chevrolet
Bonanza Fleetside Pickup - Green - Green Vinyl Seat - S.S. Mirrors - 350 V-8 - Automatic - Air Conditioned - Power Steering - Cruise Control - AM/FM Radio - Rally Wheels - Step Bumper

1979 Chevrolet
Scottsdale Fleetside Pickup - Green - Green Vinyl Seats - 250 - 6 Cylinder - Automatic - Power Steering - AM Radio - Step Bumper

1979 Jeep
Limited Edition Wagoneer - Tan - Tan Leather Bucket Seats - AM/FM Stereo Radio - Luggage Rack - Aluminum Wheels - Rear Defogger - Air Conditioned - Cruise Control

1979 Jeep
Cherokee Sport Model - 4 Dr.-Tan-Tan Bucket Seats-Luggage Rack - Air Conditioned - AM Radio - 360 V-8 - Aluminum Wheels

1979 Jeep
Cherokee - Golden Eagle - Black - Tan Bucket Seats - 10 x 15 A.T. Tracker Tires - Air Conditioned - AM/FM Stereo - W/Cassett - Cruise Control - Tilt Wheel - 360 V-8 - Automatic

1979 Chevrolet
Blazer - White - Red Vinyl Interior - Power Windows - Power Door Locks - Cheyenne Pkg. - Air Conditioned - Rally Wheels - 350 V-8 - Automatic - P. Steering - AM/FM Radio w/Tape

1978 Jeep
Cherokee - Wide Wheel Model - Autumn Red - Tan Bucket Seats - White Spoke Wheels- A.T. Tracker Tires - 360 V-8 - 4 Speed - AM/FM Stereo W/Cassett - Running Boards - Tow Hooks - Uses Regular Gas

1978 Jeep
Wagoneer - 4 Dr. - Autumn Red - Tan Bucket Seats - Luggage Rack - 360 V-8 - Automatic - Cruise Control - Tilt Steering - Air Conditioning - Woodgrain - Aluminum Wheels - Uses Regular Gas

1978 International
Scout - Pickup - Orange/White - Saddle Vinyl Interior - 304 V-8 - Automatic - Air Conditioned - Power Steering - New Mud & Snow Tires

1977 Ford
Bronco - Green Beige Interior - 302 - V-8 - Automatic - Power Steering - AM Radio - Chrome Front & Rear Bumpers - Full Wheel Covers

1976 Ford
F100 Pickup - Beige - Saddle Interior - 302 Straight Shift - V-8 - AM Radio - Rear Bumper.

1975 Jeep
Wagoneer - Tan - Tan Vinyl Seats - 360 - V-8 - Automatic - Power Steering - Air Conditioned - Full Wheels - Covers

1975 Jeep
Wagoneer - Green Tan Interior - 360 V-8 - Automatic - Air Conditioned - Woodgrain Exterior - Aluminum Wheels

1975 Ford
F100 - Blue - Blue Interior - Step Bumper - Automatic - 302 V-8 - AM Radio

1974 Chevrolet
Fleetside - Custom Deluxe - Lt. Green - Beige Interior - Step Bumper - 350 V-8 - Automatic - Power Steering - AM Radio - New 6 Ply M & S Tires

MOSES MOTOR CO., INC.
Moses Street — Dealer License 3 — Appomattox

Girls fall in softball final

Following an 8-3 victory over Nelson County in first-round Seminole District tournament play, the Appomattox Raiderette softball team lost 13-8 in the final game to Rustburg High School.

Susan Handy, Robin Martin, and Lolita Preston all had two runs batted in Friday's game against Nelson County.

Handy got two hits for the day, including a triple, and Martin and Preston each got a hit, including a triple by Preston.

Debbie Smith also had a hot day at the plate, getting three hits in three times at bat, including a triple and a double.

Johnna Belter and Angie Richardson each had two stolen bases in the game, and Belter was credited with the win.

A five-run first inning by Rustburg was the deciding factor in the championship game of the tournament Saturday.

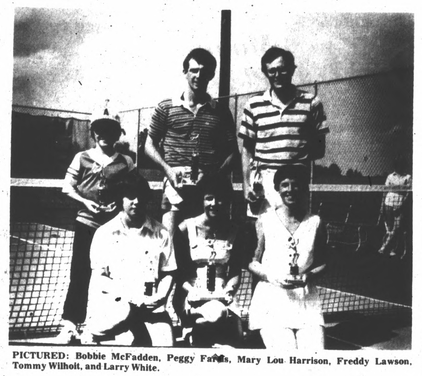
While Smith, Richardson, Martin, Linda Preston, Annette Carter and Sherri Repass all had a run batted in, the Rustburg squad managed to stay a step ahead of the local girls throughout the game.

"We just couldn't overcome the five-run first inning," said Coach Mary Tolley.

Angie Richardson had a blue-ribbon day at the plate, getting four hits in four times at bat and scoring two runs.

Smith and Martin each had a triple during the game, and Belter, Martin and Angie White all had stolen bases in the game.

The Raiderettes wound up with a 19-2 record this season. Their only other loss game at the hands of Amherst earlier in the season.



PICTURED: Bobbie McFadden, Peggy Farris, Mary Lou Harrison, Freddy Lawson, Tommy Wilhoit, and Larry White.

Farris-Wilhoit take tourney

Nine teams entered the Falling River Country Club Mixed Doubles Tennis Championship on May 17 and 18.

Peggy Farris and Tommy Wilhoit won the tournament with a 6-0, 6-1 victory over the youngest participating team, Bobbie McFadden and Freddy Lawson.

Wilhoit and Farris advanced to the finals after winning by forfeit when Jackie Smith, paired with Sam Kerr, had a shoulder injury in a semifinal match.

Consolation round play, in a 6-2, 7-5 match, was won by Larry White and Mary Lou Harrison. Their oponents were John and Janette Sphar.

The next tournament will be the Singles Championships on May 31.

Dress right for exercising

[Continued from page 7]

insects. Wear white or light colors to reflect as much heat as possible. As for fibers, cotton is the most absorbent and is good to wear next to the skin to act as a wick for sweat.

Wear bright colored shirts (yellor or orange) for runs in the early morning, on foggy days or at dusk, so that you can be easily seen by motorists.

Fashion and safety can be added to running attire by the addition of multi-colored reflective tapes. Tapes are available in the sewing notions department of fabric shops.

To prevent chafing, smear petroleum jelly or other lubricants on the body where clothing or shoes might rub.

For women, support from a bra is needed to feel comfortable. Special active or running bras are designed to cushion and reduce the breasts' up-and-down movement when in motion. However, any bra with cotton cups, adjustable straps with no "hardware" to dig into the flesh, an "anchor band" inside the outer stretch band to keep the back of the bra from riding up, and a minimum number of seams, can be worn when running.

Men may be more comfortable wearing an athletic supporter or jocky type shorts.

Remember: Dressing right when "out to run" involves selecting clothing that:

--provides protection against weather conditions and surfaces.

--is suited to the exertion level.

--provides freedom for the body to move.

--is light weight.

--is easy to put on and launder.

Three locals set for state meet

Three local athletes will participate in the state AA track meet to be held this weekend at Laurel Park.

The three did well enough in recent district and regional track-event competition to qualify for the statewide events.

Luis Garcia, who placed second in the pole-vaulting competition at the regional meet last weekend will advance to the state meet. He vaulted 12 feet, nine inches in the regional competition.

Jeff Bryant hurled the discus 139 feet to place fifth in the regional meet last weekend, qualifying him for a spot in the state competition.

Robert Harding, who was disqualified in the regional meet due to a false start, nonetheless will attend the state meet to run in the 100 meter sprint, according to coach Ray Archer.

The coach said that Harding's 100 meter time in the district meet two weeks ago -- 10.9 seconds -- was good enough to qualify him for the state meet.

Jamerson gets 'Eagle'

Thomas Jamerson shot a hole in one while golfing at the falling River Country Club Sunday, May 11.

He was playing in the company of his brother Herbert Jamerson, Vernon Bryant and R.L. "Dick" Bass. He made the shot on the third hole of the course using a seven iron.

The hole in one is the first for Jamerson.

We're doing something about INFLATION!

SAVE UP TO $400 ON A NEW FORD TRACTOR!

Between now and June 30, 1980 is the time to make a profitable investment in a new Ford tractor. Here's the deal ... **Save $300** on a new Ford 2600 or 3600 tractor ... **Save $400** on Ford 4100, 4600, 4600 SU, 5600, 6600, 6700, 7600 and 7700 tractor models!

Ford's special cash incentives to dealers allow us to pass on these savings to you. Our incentive program ends June 30th. Look at the choices ...32 to 84 PTO HP... with product features and strong parts and service backup to help you increase productivity in the 80's. No better time to buy Ford, but time runs out on June 30th, so stop in soon and let's make a deal!

See our complete line of Sidewinder machines

Ford Tractors Equipment
Powell Ford Tractor
RT. 29 - WRIGHT SHOP RD
Madison Heights, Va. (804) 845-4524

New Supply of Bedding Plants
•TOMATOES: Big Boy, Better Boy, Marglobe, Burpee Delicious

•Bell Peppers
•Hot Peppers
•Egg Plants
•Watermelons
•Cantaloupe
•Squash
•Brussels Sprout
•Single & Double Petunias
•Begonias
•Marigolds
•Dusty Miller
•Portulaca
•Scarlet Sage
•Coleus

Superior Trees Nursery And Greenhouse
Appomattox, Va. Hwy. 26
PHONE: 352-7624

GLADWOOD ESTATES
(Corner Rt. 656-657 on Gladwood Drive - 1¾ miles off Rt. 24 past Surrender Grounds on Rt. 656)

New Brick Split-Foyer almost completed. Entrance Foyer, Living Room, Formal Dining Room, Eat-In Kitchen, Three Bedrooms, Two Baths, Lower Level Has Unfinished Den or Playroom with Large Fireplace, Two or Three Unfinished Rooms and Roughed in Bath. Heat Pump and Air Conditioned. Carpet, Ceramic Tile, Custom Built Cabinets and Vanities, Washer & Dryer Hook-Up, and Rear Deck. Beautifully Decorated.

ADAMEE & McCRAW
John Adamee-Phone 237-0716 or
Peyton McCraw 239-7817

Your Complete Automobile Headquarters
Sales - Leasing - Service
ESTEPPE
OLDSMOBILE - DATSUN
"Where You Remain Friends Long After the Sale"
Dial 384-7777
3400 Old Forest Road Lynchburg, Va.

At FRCC

Golf tourney complete

The Falling River County Club Women's Invitational Captain's Choice golf tournament was held Saturday, May 17.

Winners were: first place -- Harriet Wood of Boonsboro, Elizabeth Wimer and Dot Sechrest of Winton, and Katurah McCormick of FRCC.

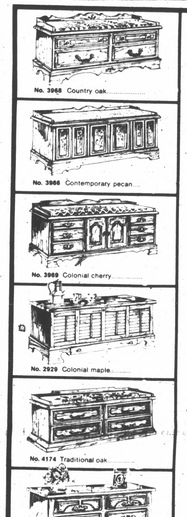
Second place winners were Marie Bates of Boonsboro, Corrie Trent of Oakwood, Becky Burke and Doris Nash of FRCC; third place went to Margaret Dawson of Boonsboro, Shirley Paxton of Oakwood, Elsie Ware of Winton and Jane Lyon of FRCC.

Closest to pin on par three was Sudie Rowe of FRCC, and longest drive on par four was Marilyn Ellito of Boonsboro.

After play ended a luncheon was served by the ladies of FRCC.

WANTED TO BUY
Tracts of Standing Timber
WRITE:
WESTVACO
ROUTE 3 - BOX 135A
LYNCHBURG, VIRGINIA 24504
OR CALL: Evenings 352-5929
Business Week 846-5292

Slayton's
WELL DRILLING AND BORING
ROUTE 3 - FARMVILLE, VA.
CALL COLLECT
223-8220


No. 3968 Country oak.
No. 3966 Contemporary pecan.
No. 3969 Colonial cherry.
No. 2929 Colonial maple.
No. 4174 Traditional oak.
No. 4174 Traditional oak.
No. 2948 Traditional pine.
No. 2451 Colonial cedar.
No. 2746 Antiqued white and gold.
No. 2930 Traditional oak.
No. 4149

for GRADUATION...

The gift she'll never forget

...a Lane love chest!

Graduation day is the perfect occasion to give your special someone the traditional, centuries-old gift of love that symbolizes her most cherished hopes for the future. A Lane love chest is so much more than a beautiful piece of furniture. It is an enduring remembrance of you and a secure repository for her most treasured possessions. Come choose from our vast collection of contemporary and traditional styles crafted of fine cabinet woods and lined with fragrant cedar.

She'll love you for a lifetime ... when you give her this heartwarming colonial love chest. Available in four wood and three painted finishes.

EASY TERMS - FREE DELIVERY
OPEN FRIDAY UNTIL 8 P.M. — CLOSED WEDNESDAY AT 12
BEST FURNITURE CO.
ROUTE 460 — 1 MILE EAST — APPOMATTOX, VA.
PHONE 352-7721